

Table S1. List of primer for qRT-PCR

Gene		Primers
<i>Akt</i>	Forward	5'-CCT TTA TTG GCT ACA AGG AAC G-3'
	Reverse	5'-GTG CCA CTG AGA AGT TGT TGA G-3'
<i>PI3k</i>	Forward	5'-AGC TGA GTA CCG AGA GAT CGA C-3'
	Reverse	5'-TCA GCC ACA TCA AGT ATT GGT C-3'
<i>MuRF1</i>	Forward	5'-ATC TAG CCT GAT TCC TGA TGG A-3'
	Reverse	5'-ACC ACA GGC TTG GTA AAC ATC T-3'
<i>Atrogin-1</i>	Forward	5'-GAC ATT CAG AAC AGC AAA ACC A-3'
	Reverse	5'-GCT CCT TCG TAC TTC CTT TGT G-3'
<i>Trpv4</i>	Forward	5'-CCCATCCTCAAAGTCTTCAATC -3'
	Reverse	5'- GGTCAACAAGAAGGAGAGCAGT-3'
<i>A1r</i>	Forward	5'-GAAGATTTGGAACGACCACTTC -3'
	Reverse	5'-AGTCATCAGCTTTCTCCTCTGG -3'
<i>Myostatin</i>	Forward	5'- TTTACCTGTTCATGCTGATTGC-3'
	Reverse	5'- CATTACACAGCCCCTCTTTTTC-3'
<i>Sirt1</i>	Forward	5'-TGTGTGGAAGAAAAACCACAAG -3'
	Reverse	5'- ACCAACAGCCTTAAAATCTGGA -3'

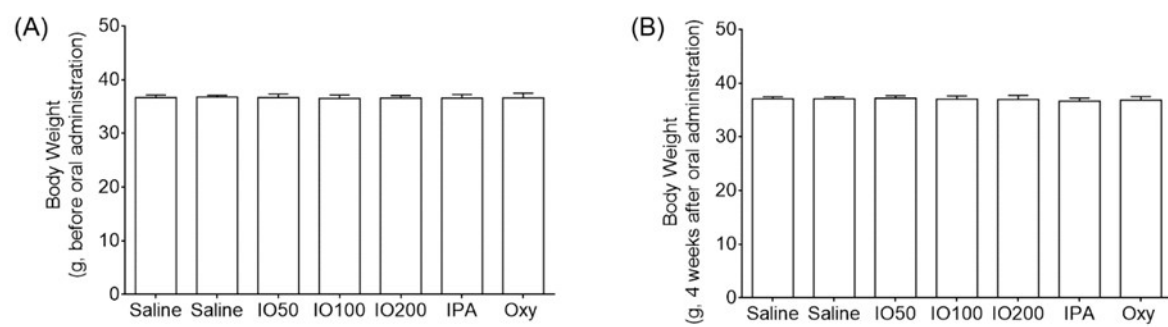


Figure S1. The body weight of mouse at 0 days (Figure S1A) and 28 days (Figure S1B).

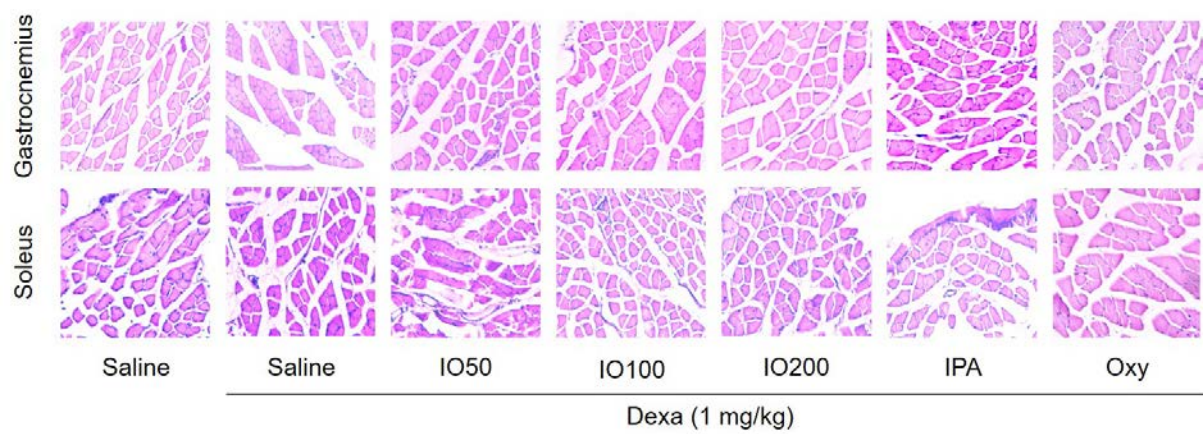


Figure S2. H&E staining of gastrocnemius and soleus muscle fibers

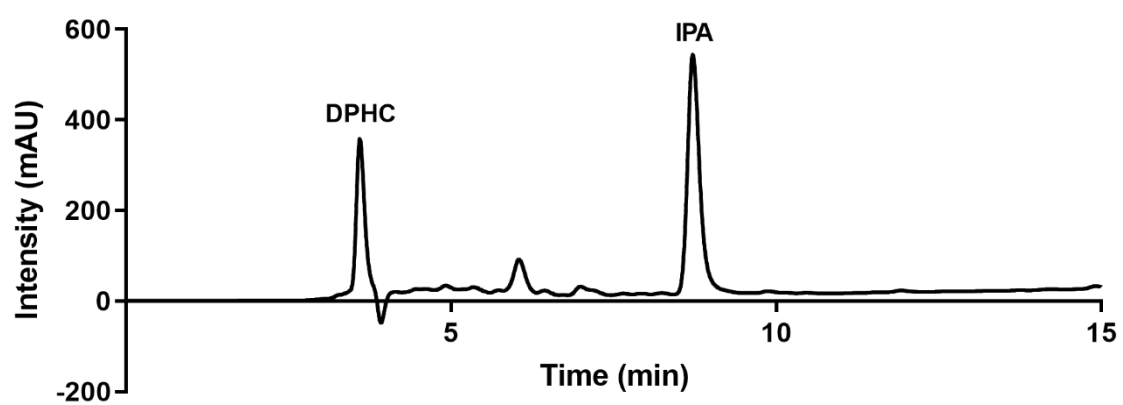


Figure S3. HPLC chromatogram of IPA and DPHC from IO.